

LAPORAN PENELITIAN

PENGARUH LATIHAN AEROBIK GELOMBANG PROGRESIF TERHADAP KADAR LEMAK TUBUH DAN KEBUGARAN AEROBIK PADA PENDERITA OVERWEIGHT

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Abstrak

Penelitian ini bertujuan untuk membandingkan pengaruh latihan aerobik gelombang progresif dengan latihan aerobik linier terhadap kadar lemak tubuh dan kebugaran aerobik penderita overweight.

Jenis penelitian Eksperimen, populasi penderita overweight di DI. Yogyakarta, sampel yang digunakan sebanyak 60 orang yang datang atau diminta secara sukarela dengan mengisi *inform concern*. Analisis data, uji asumsi berupa uji normalitas menggunakan Chi Kuadrat, uji homogenitas varian menggunakan uji Barlet, sedangkan untuk menguji hipotesis, penelitian ini menggunakan analisis varian satu jalur. Pengolahan data menggunakan aplikasi computer SPS-2000 edisi Sutrisnohadi dan Yuni Pamardiningsih, besarnya alpha (derajat untuk menolak H_0) ditetapkan 5%.

Hasil penelitian menunjukkan bahwa (1) pengaruh latihan aerobik bergelombang progresif terhadap penurunan kadar lemak tubuh tidak lebih baik dibandingkan pengaruh latihan aerobik linier, (2) latihan aerobik bergelombang progresif meningkatkan kebugaran aerobik lebih baik dibandingkan latihan aerobik linier.

Kata kunci: Aerobik, Gelombang Progresif, Linier, Overweight, Kebugaran Aerobik

A RESEARCH REPORT

THE INFLUENCE OF PROGRESSIVE WAVE AEROBIC EXERCISES TOWARDS BODY FAT LEVEL AND AEROBIC FITNESS ON OVERWEIGHT PEOPLE

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Abstract

This research study is aimed at comparing the influence of progressive wave aerobic exercises towards the body fat level and physical fitness of overweight patients.

It is an experimental research with population of overweight patients in Yogyakarta. The samples of this research involved 60 patients who voluntarily participated in this research study. The data analysis in this research study used assumption tests in the form of the normality test using Chi Square, the homogeneity test of variance using the Barlet test, and to test the hypothesis, this study used one way variance analysis. In terms of data processing, this research used computer applications SPS-2000 Sutrisnohadi and Yuni Pamardiningsih edition, the magnitude of alpha (the degree to reject H_0) was set on 5%.

The results of this research showed that (1) the influence of aerobic exercise on the reduction progressive towards body fat levels is not much better than the influence of linear aerobic exercise, (2) progressive wave aerobic exercise improves cardiovascular fitness aerobics aerobic exercise is better than the linear one.

Keywords: Aerobic, Progressive Wave, Linear, Overweight, Aerobic Fitness